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**FOUL-MOUTHED
OC TRANSP
DRIVER SACKED
LOCAL** {page 3}

**HUMBLE BUT
BRAG-WORTHY THAI
RESTAURANT
LUNCH RUSH** {page 20}



OTTAWA

metro

Tuesday, November 15, 2011
www.metronews.ca



News worth sharing.



Carleton students rally for sexual-assault centre

- Cops arrested an 18-year-old student suspected in Oct. 30 and Nov. 6 sexual assaults at Carleton
- Officers are still investigating an unrelated sexual assault that occurred Nov. 4

JESSICA
SMITH
@METRONEWS.CA

Hearing about a high-profile, violent sexual assault at a Carleton University lab “lit a fire” in Julie Lalonde in 2007 — and after five years and three recent sexual assaults she is still fighting for a sexual-assault centre on campus.

A woman known only as Jane Doe was severely beaten and sexually assaulted in a lab in the Steacie Building in 2007.

“It’s been five years and I’ve heard so many horror stories from students, I can’t give up,” said Lalonde, who co-founded Coalition for a Carleton Sexual Assault Centre after the attack on Jane Doe.

Three recent sexual assaults at Carleton University prompted students to hold a protest yesterday demanding a sexual-assault centre on campus.

Lalonde and other volunteers launched a crisis line in 2010 that offers sexual-assault victims support from 8 a.m. to 12 a.m. every day.

They want a space where they can offer peer-support sessions and organize public-education cam-

“Campuses have high rates of sexual assault. It’s whether or not the university chooses to acknowledge it that makes a difference.”

JULIE LALONDE

Resources

- Student-run sexual assault support line: 613-629-1030
- Carleton University sexual-assault resources: carleton.ca/equity/2011/sexual-assault-resources-on-campus

paigns aimed at preventing sexual assault.

Linda Capperauld, Carleton’s Equity Services director, said a centre would not prevent sexual assault and the school already offers safety and counselling services.

The school hired a co-ordinator of sexual-assault services who can guide victims to help.

Equity Services and the coalition wrote a joint proposal for a sexual-assault centre 18 months ago but have not yet heard back from the committee in charge, said Capperauld.

“Carleton will continue to review all of its safety enhancements and Carleton has made many improvements in safety over the last four years or so,” she said.



► Protesters, from left, Ian Ford, Ron Couchman, Nora Faisal, Julie Lalonde and Sarah McCue demonstrate at the entrance to Carleton University on Bronson Avenue yesterday. They say students support the creation of a student-run, university-funded sexual-assault centre on campus by voting over 80 per cent in favour in two referendums in recent years.

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CHEVROLET

That's a heckuva lotto dough

 JOE LOFARO
@METRONEWS.CA

A Stittsville man left the Casino du Lac Leamy \$1,861,414.58 richer on Saturday night after winning the jackpot at a slot machine.

Casino spokesperson Catherine Shellenberg said

William Brownlee won the bonanza after he bet the maximum of \$15 on the \$5 Monte Carlo slot machine. She said it was the biggest slot machine jackpot in the casino's 15-year history.

Brownlee reportedly told casino staff he would

use the winnings to take his family to Mexico this week.

The largest jackpot until Saturday was \$825,000, in 1999.

In fiscal 2010-2011, the Casino posted revenue of \$260.5 million, a Lotto Quebec annual report says.



► William Brownlee of Stittsville won the biggest slot-machine win at Casino du Lac Leamy on Saturday.

Bus driver fired for threatening rider

- Employee had 25 years of service with OC Transpo
- Union says it will appeal the dismissal

 JESSICA SMITH
@METRONEWS.CA

OC Transpo has fired the driver who was caught on video threatening an autistic college student in a foul-mouthed rant.

"Transit management has completed their investigation of this incident, which has resulted in the termination of the employee," OC Transpo general manager Alain Mercier wrote in a memo to the Transit Commission that was released yesterday at 6 p.m. He said the collective agreement has a grievance process, so the city won't comment further.

Mayor Jim Watson's office released a statement saying his only comment is: "Mayor Watson said he wanted OC Transpo to release as much information as possible. Today we have

"Shut up. Shut your ignorant (expletive) cake hole. If you don't shut your (expletive) face, I'm going to stick my fist in it."

OC TRANSPO DRIVER IN YOUTUBE VIDEO

seen that happen."

The video is one of many on YouTube that show OC Transpo drivers, but it is perhaps the most disturbing.

"When I open that (expletive) door, you get out and you don't say a (expletive) word or I'm going to (expletive) kick your own (expletive) ass," the driver of the 96 to Kanata says to a young man standing behind him.

The man was Algonquin College student Matthew

Taronno, 20, who came forward and apologized for speaking out on the bus, and asked for an apology from the driver.

The mayor and Mercier apologized, but none has been forthcoming from the driver.

When the bus stops in the video, Taronno runs out the back door, yelling, "Sorry" as he exits.

Garry Queale, president of Amalgamated Transit Union Local 279, said the union agreed there should be discipline, but not so severe, and the union will appeal the firing. He said the driver had been employed by OC Transpo for 25 years, was spat on two days before the incident and had recently lost both his mother and wife to cancer.

The driver will no longer receive a salary pending the grievance, Queale said.

● WITH FILES FROM JOE LOFARO



► A model shows off a design by Canadian avant-garde couturier Adrian Wu, who opens the Signatures Show at the Ottawa Convention Centre tonight with his new collection, The Anti-Minimalist.

CONTRIBUTED

Maximum impact

Adrian Wu, 21, says his new collection is "more wearable" than some of his previous work and takes its cues from two seemingly opposing fine-art movements: cubism and minimalism. Tickets for the Signatures Show are \$10 and allow access to the rest of the exhibition, which runs through Nov. 20.

1

news



In a bid to improve care of trauma patients, real-world surgeons will attempt to co-opt the sci-fi principle of suspended animation. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

At metronews.ca

Canada's new \$100 note is a major technological and esthetic departure.

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CANOE TRIPS ON DOWS LAKE



2/14

Artist's Rendering

The pill could be bad news for guys

► Research shows greater incidence of prostate cancer in countries where oral contraception used more often

Researchers suggest there may be a link between estrogen from oral contraceptives that has found its way into the environment and rising rates of prostate cancer among men around the world.

In a study in the online publication BMJ Open, researchers at Princess Margaret Hospital in Toronto looked at the percentage of women using the pill, intrauterine devices, condoms and vaginal barrier contraceptives in 87 countries, then examined the incidence and deaths from prostate cancer.

"Looking at these percentages, we find a strong correlation between female

"This is a very, very preliminary finding and we're not telling everybody to quit the pill. But further research needs to be done and it's an interesting finding."

DR. DAVID MARCEL, STUDY'S LEAD AUTHOR

use of oral contraceptives at a population level and both new cases of prostate cancer and mortality from prostate cancer," said lead author Dr. David Marcel, a urologist and fellow in uro-oncology.

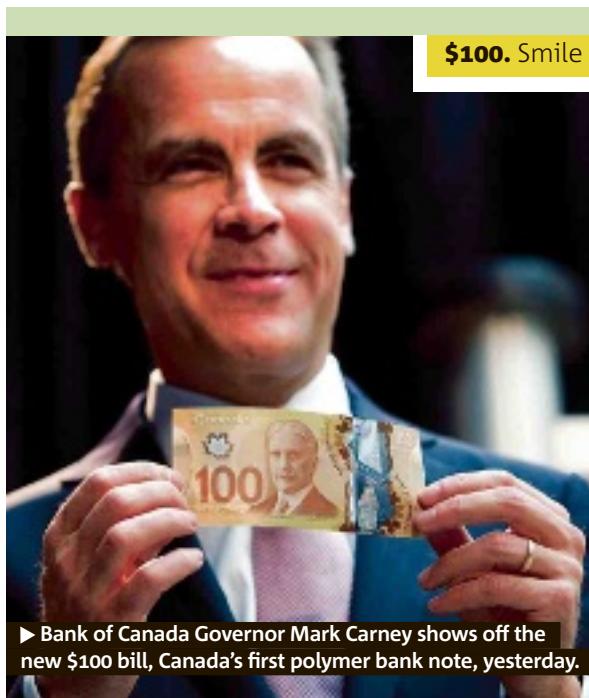
"This was not found among other contraceptive modes," he said.

The research team used data from the International Agency for Research on Cancer and the UN World Contraceptive Use report to

determine rates of prostate cancer and associated deaths as well as the proportion of women using common methods of contraception in 2007.

Marcel said estrogen in birth-control pills is excreted in the urine and gets into the environment, particularly into water, and scientific evidence suggests that low levels may cause cancer, including prostate cancer.

THE CANADIAN PRESS



► Bank of Canada Governor Mark Carney shows off the new \$100 bill, Canada's first polymer bank note, yesterday.

NATHAN DENETTE/THE CANADIAN PRESS

Note in plastic, it's fantastic

The Bank of Canada yesterday rolled out its new \$100 bills to replace the cotton-paper-blend note. The bill features a wealth of anti-counterfeiting features such as partially hidden numbers, a large, transparent window, transparent text, a metallic portrait, raised ink and a frosted maple leaf window. The \$50 polymer note will follow next March. The rest of the plastic money will be in circulation by the end of 2013.

Rifle show-and-tell doesn't end well for teen

A 14-year-old Winnipeg boy is facing eight weapons-related charges after accidentally firing a gun at his friend. Police say the show-and-tell went wrong yesterday when the suspect pointed the rifle at the 14-year-old victim, mishandled the firearm and shot him in the upper body.

Police and paramedics were called to an apartment at about 4:30 p.m. The victim was brought to hospital in stable condition. Police say the suspect was showing off the rifle to a group of teens and may not have intended to shoot the victim. The suspect fled the apartment but turned himself in later that night.

Winnipeg police said they are still searching for the weapon.

● CRYSTAL LADERAS IN WINNIPEG

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United they fall

It's been one month since the Occupy Wall Street movement went global. We check in on camps in Metro cities across Canada. Word from most officials: Get out.

Occupy Vancouver

Injunction junction. B.C. Supreme Court is to hear the city's request for an injunction to remove campers from outside the Vancouver Art Gallery. On Sunday, a coroner said Ashlie Gough died of a drug overdose at the encampment on Nov. 5.



Occupy Edmonton

Extreme protesting. The group is hunkered down and preparing for winter. At the end of last week, the camp, in a small park on Jasper Avenue, received \$7,500 from the Occupy Wall Street organizers to help with winter prep.



Occupy Winnipeg

No bird baths. Protesters had their washroom privileges taken away by the Manitoba Legislative Building. Even though Mayor Sam Katz isn't sure what they want, he said he's open to meeting with protesters.



Occupy Calgary

Ticket to leave? The city posted warnings yesterday that all unattended items in the Olympic Plaza camp will be removed today. Bylaw officials have also ramped up ticketing.



Occupy Toronto

More bark than bite? Mayor Rob Ford reaffirmed his plans to evict protesters from St. James Park, despite an ultimatum from a group claiming to be hacker-activists Anonymous. Via YouTube, the group said, "You have said that by next week the occupiers shall be removed. And we say by next week if you do not change your mind, you shall be removed from the Internet."



Occupy London

Last to the party, first to get the boot. Protesters set up tents Oct. 22 in Victoria Park, which were dismantled by cops Nov. 9. Police have stepped up patrols, yet the group still holds daily meetings and rallies in the park.

• METRO CANADA
PHOTOS: METRO CANADA,
THE CANADIAN PRESS, TORSTAR NEWS SERVICE

Occupy Halifax

Cuffed. Protesters say their constitutional right to freedom of expression and peaceful assembly should trump a city bylaw used to evict the group. Fourteen occupiers were arrested while being evicted from their temporary encampment in Victoria Park on Nov. 11 and three more were arrested during a protest Nov. 12.



Occupy Montreal

If you build it, will cops come? A few protesters are still at Square Victoria but they would have to build shelters to stay through the winter, something the city has said it doesn't want to see.



Occupy Ottawa

Festive spirits. Protesters remain hopeful they can stay in Confederation Park. But the National Capital Commission, which runs the park, has said it wants the protesters out in time for it to prepare for the annual winter festival Winterlude. Preparations for the event typically begin in December.



METRO CUSTOM PUBLISHING

CHANGING LIVES



Any 14-year-old with her first real job has big plans for her newly earned money. Milva Caruso certainly did, but her dreams didn't in-

volve clothes, music or electronic gadgets.

It was 1985, and televised images of dying children in famine-ravaged

Ethiopia had a profound effect on the teen. "I just wanted to help," says Milva. "To go to Africa and help."

While it would be another couple of decades before Milva would travel to Africa, she did get involved immediately by sponsoring a child through World Vision Canada. In the Ottawa discount store where she worked part-time, a World Vision donations tin on the checkout counter invited customers to give change to help address the crisis in Africa. The tin was accompanied by an information booklet for staff to use in answering questions. Milva was hooked.

Today, the Ottawa law-office manager continues to be fuelled by her teenage resolve; she sponsors two children, Francis, 13, in Chad and Huzeifa, 3, in Ethiopia — where

conditions now are even worse than they were 25 years ago. (The Horn of Africa is believed to be enduring the world's worst famine in 60 years.)

Looking at those statistics — 30,000 children dead, millions of people starving — a Canadian may well find it hard to imagine making a difference.

But after finally travelling to Ethiopia with World Vision Canada last year as a volunteer in a program called Destination Life Change, Milva was amazed at how significant an impact even a small contribution can have on people's lives.

For example, her contributions helped a community dig a well that provides clean, potable water. Previously, the residents' local water supply was a filthy, contaminated stream. "I can't express enough to you how much it is possible to make

a difference," she says. "Anybody would be shocked at what even small contributions can mean to people, can do for their lives."

Of course, the highlight of Milva's trip was meeting four children sponsored by members of her family and colleagues, as well as Huzeifa, her own sponsored child.

After a 30-minute trek up a stony hillside, she met Huzeifa and his family in their home, a one-room mud hut with a sand floor. It was truly a life-changing encounter. "These people who have literally nothing were the most beautiful and gracious individuals I've ever met," says Milva. "Ethiopian people showed me more about how to be a truly caring, strong and selfless human in the two weeks I spent with them than anything I have witnessed in my lifetime."

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TUESDAY, NOVEMBER 15, 2011



► Unidentified French former hostages, centre, arrive in Muscat, Oman, from Yemen yesterday.

Freed aid workers return to France

► Aid group says three workers — two women and a man — captured by al-Qaida are in good health

Three French aid workers captured by al-Qaida militants in Yemen six months ago returned home last night, hours after being freed thanks to help from the sultan of Oman and a possible ransom payment.

Kidnappers linked to al-Qaida's offshoot in the region had demanded \$12 million US in exchange for the three and had threatened to kill the hostages if ransom wasn't paid imminently, according to Yemeni officials.

The circumstances of

the aid workers' release remained murky. A senior Yemeni tribal mediator, who spoke on condition of anonymity because he is not authorized to speak to the media, said the Omani government and a Yemeni businessman paid a ransom, though he gave no figure and the ransom couldn't immediately be confirmed.

The mediator said Oman and Yemeni tribesmen negotiated the release, and the hostages were handed over to medi-

Six months ago

- The workers from Triangle Generation Humanitaire were abducted May 28 in eastern Yemen's Hadramawt province, home to al-Qaida in the Arabian Peninsula.
- The aid group, based in Lyon, France, works on projects to improve water supplies, farming infrastructure.

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Slowdown in all major economies: OECD index

- Changes in economic trend over six to nine months
- Index doesn't judge speed of recovery or downturn

The global economy — including Canada — is on track to slow in the coming months, according to a report from the Organization for Economic Co-operation and Development.

The OECD said yesterday its monthly index for composite leading indicators pointed "more strongly to slowdowns in all major economies" with Canada among those set to see growth drop below the long-term trend.

The Canadian economy has weathered the recession and its aftermath better than many other countries, but is still feeling the drag of a painfully slow global recovery.

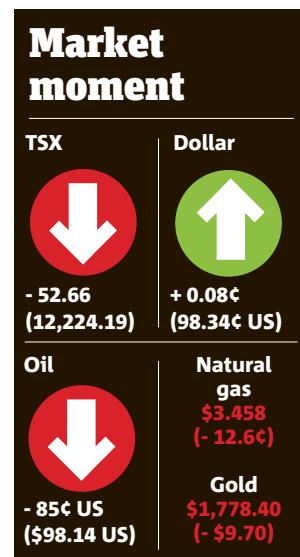
Canada dropped 0.4 points in September, taking its composite leading index number to 99.4, down from

101.2 in May. The country's leading indicator has been falling for several months and dropped below 100 in August.

For the OECD member countries as a whole, September's reading was 100.4, down 0.4 percentage points from August and down from 102.3 in May.

Severe debt problems in Europe combined with slow growth in the U.S., Canada's biggest trading partner, will likely reduce demand for the natural resources that Canadian companies produce.

Bank of Canada governor Mark Carney warned that the global economy was confronted by a new wave of credit tightening as a result of the European debt crisis. Carney said it is up to the public sector, in



particularly central banks, to ensure there is sufficient credit available at reasonable terms for businesses and households to invest and spend. **THE CANADIAN PRESS**

Canada looking eastward

Canada has emerged from meetings with Asia Pacific nations with one foot firmly facing East in search of new economic opportunities.

Prime Minister Stephen Harper used the two days at

the APEC Summit in Hawaii to more forcefully advance a trade strategy for the region that his government has been promising for the last five years.

Frazzled European and American markets mean all

eyes are now on Asia Pacific economies. Leaders of the 21-member APEC said the region is now the vanguard for global growth due to previous progress in forging closer economic ties and free trade. **THE CANADIAN PRESS**



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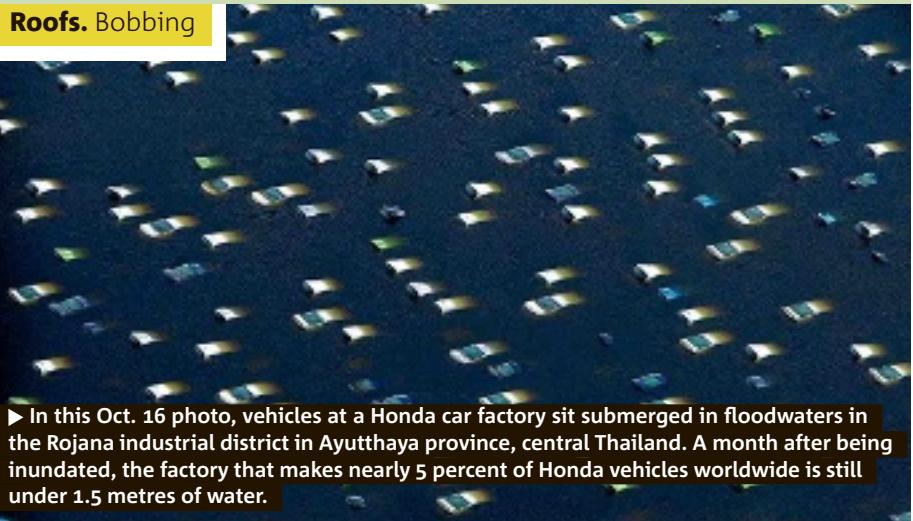
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\$1.50 Starbucks had been adding a \$1.50 surcharge for bags of coffee weighing less than a pound without telling customers, which is illegal under U.S. consumer protection regulations.

Starbucks drops hidden costs

Starbucks Corp. has stopped tacking on a surcharge for bags of coffee beans weighing less than a pound in the U.S. after a Massachusetts consumer-protection agency fined the company \$1,575 for overcharge violations.

A Starbucks spokesman tells The Boston Globe that the company charged extra for half-pound bags to cover additional labour and packaging costs.

THE ASSOCIATED PRESS

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OPTICAL ILLUSIONS: A LIFE BEHIND THE LENSES

SHE SAYS ...

JESSICA NAPIER
METRO



the same.

Anyone who has grown up in glasses will tell you that spending your middle school years behind lenses isn't all that fun. My poor eyesight always forced me to the front of the class and made team sports nearly impossible. Even if boys did make passes at me in my glasses (which they didn't), I was too blind to notice.

For years I dreaded the annual trip to the optometrist, knowing that, no matter what I did, I

would perform worse and worse each time. Thankfully, like most young adults with impaired vision, my prescription started to level off when I hit my early twenties.

Today, my Rx for distance vision is a solid -6.50 and I'm experiencing a slow degeneration rather than a rapid decent into darkness.

Had my eyes continued to worsen at the rate they were going, I would have been legally blind before my 25th birthday.

Those with 20/20 vision cannot even begin to understand what the world is like for us four-eyed folk. In the shower I have to hold the bottle of shampoo half an inch from my face to read the label in order to avoid inadvertently lathering my hair with body wash — it's happened on more than one occasion.

At 13, I was finally able to convince my parents that wearing glasses AND braces would surely secure my status as a high school uber-dork, a nightmare that would haunt me for all eternity.

I made the transition to contact lenses and never looked back.

And, yet, after 20 years of being unbearably nerdy, my prescription lenses are finally in fashion.

Optical boutiques are shilling pricey retro lenses as a must-have accessory while mass retailers sell oversized plastic specs with clear lenses to irony-loving trend-followers salivating over the geek-chic aesthetic.

As someone sentenced to a life of nearsightedness I resent those poseurs in their fashion frames, mocking me with their perfect vision.

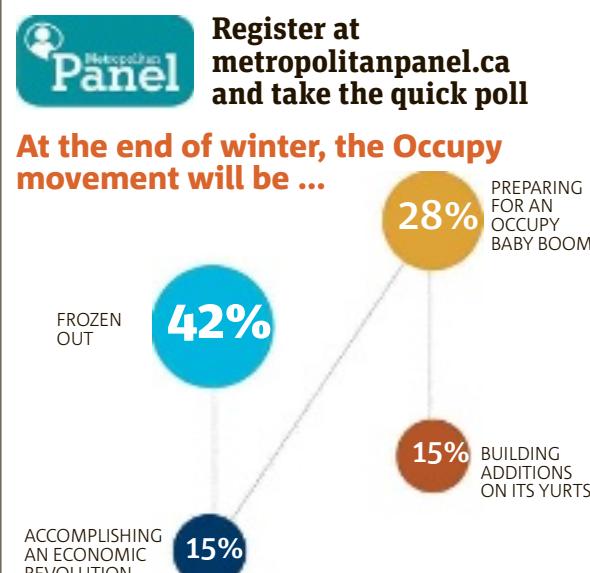
To me, your ironic non-prescription glasses are the equivalent of strutting around with a decorative cane when you're perfectly capable of walking.

Glasses are not just some hollow fashion statement; they should be purchased out of necessity and worn for vision correction, not for their hipster cachet.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Letters

Thank you for the coverage of the G20 meetings.

The agenda for the current G20 meeting in France was originally to be about helping the poor and hungry of the world. Of course all the headlines now are about Europe and Greece. Prime Minister Stephen Harper, whose government has decided to freeze Canada's development aid, will hear from French President Sarkozy and even Bill Gates that aid reduction is not the way to go.

Canadians are a generous and compassionate people but the government is allocating only 0.32 per cent of our national income in development aid. That's less than half of the 0.7 per cent Mr. Harper keeps promising to give and then failing to deliver. Donor nations agree that 0.7 per cent is the amount necessary to make serious progress towards alleviating extreme poverty to 1 billion people in the world.

There are great things happening with the money Canada is sending. If we could just live up to our own promises we could be part of the solution to eradicate mortal hunger in our lifetime.

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Local tweets



► **@theodotblog:**
Mayor Watson
Reportedly

Caught In Flux Of The Space-Time Continuum After Attempting To Be In Two Places At The Same Time

► **@harpersbazaar:** Casino Du Lac Leamy hands out \$1.9 million on slot machine! Not only did the man win \$1.9 million but some relatives he didn't know he had!

► **@Shanada78:**
@Ottawa67sHockey

months? Feels like that Glebe construction has been going on for yrs!!!!

► **@trevor_esau:** RT @Gong-showGear: Let us remember a fellow hockey player who died this week after being hit in the neck with a puck: R.I.P Kyle Fundytus <http://t.co/UYNlvd5s>

► **@SensKal:** #VoteAlfie is trending in Canada <http://t.co/weJDtrp5> Awesome job #Sens fans.. Keep it up

► **@AlainGrenier17:** Not even 5 PM and its dark... URGH

photo of the day



► This photo titled Turn off the TV (Apaga la TV) was submitted to the Photo of the Day category by Valentina Godoy from Chile.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Ashes to beads, dust to dust

The intense grief that Kim Il-nam has felt every day since his father died 27 years ago led to a startling decision.

He dug up his father's grave, cremated his bones and paid \$870 US to have the ashes transformed into gem-like beads.

Changes in traditional South Korean beliefs about cherishing ancestors and a huge increase in cremation have led to a handful of niche businesses that cater to those who see honouring an urn filled with ashes as an



► Kim Il-nam displays beads made from his father's ashes

imperfect way of mourning.

About 500 people have turned their loved ones' ashes into Buddhist-style beads by one company, Bonhyang. It and several other ashes-to-beads companies say they have seen steady growth in their business in recent years. **THE ASSOCIATED PRESS**

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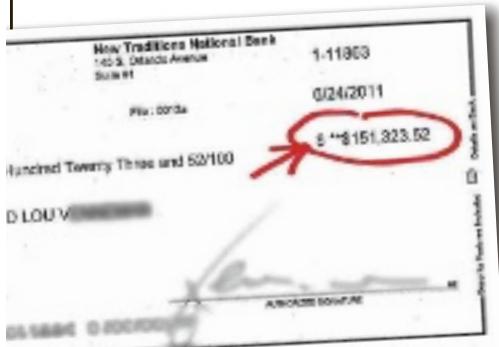
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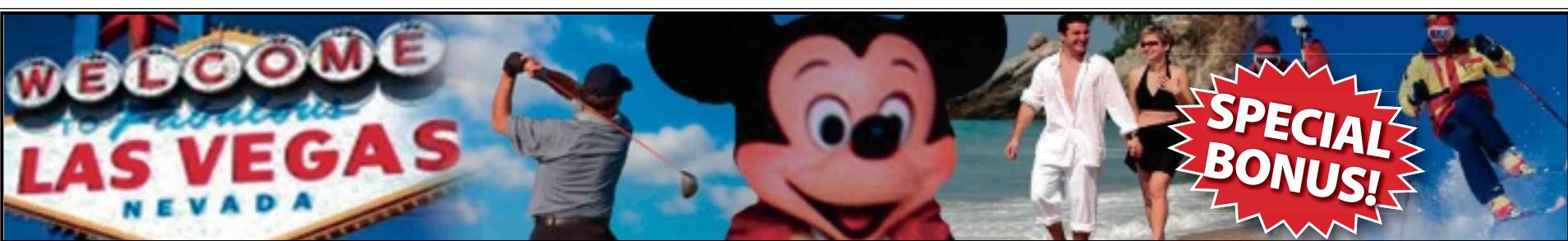
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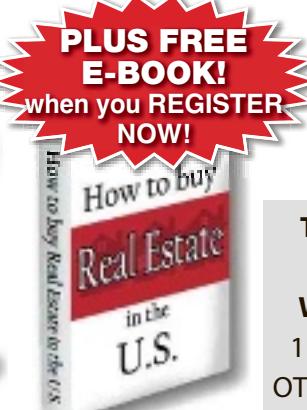
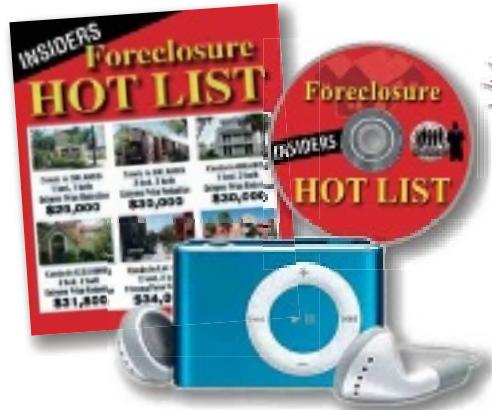


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Scene in brief



Meryl Streep is becoming a familiar face in London's government district — the face of Margaret Thatcher. The Academy Award winning actress plays Britain's first female prime minister in the soon-to-be-released *The Iron Lady*. She bears an uncanny resemblance to the Conservative politician on the poster, unveiled Monday with the Big Ben clock tower as a backdrop.

THE ASSOCIATED PRESS



First Look: Pixar forges 'Brave' princess in latest 3-D animated adventure.

A 'krilling' adventure

► Happy Feet Two director talks about his fascination with the hero myth and his choice to make a pair of shrimp-like creatures — known as krills — the focus of a hero saga side story

RICHARD
CROUSE

SCENE@METRONEWS.CA

"One thing I am drawn to unconsciously is the hero myth," says director George Miller.

Looking over his résumé it's easy to see what he means. His creations, like Mad Max, who ruled a dystopian Australian landscape from the driver's seat of a Ford Falcon XB Coupe and Babe, the king of the barnyard, are agents of change in their own worlds.

In his new film, *Happy Feet Two*, the follow up to the Oscar winning dancing penguin musical of 2006, you'll have to look closely to see his heroes, because they are the smallest creatures in the movie.

They are Bill and Will (Matt Damon and Brad Pitt), two bug-eyed characters who can only be described as existential shrimps. Actually, they're krill — a minute marine crustacean.

"*Happy Feet Two* is not a saga," he says. "It's not the hero myth, except from the point of view of Will the Krill. From his point of view the world is epic because they are so tiny. He goes off on a classic hero myth, going out, looking into the unknown, confronting great dangers and bringing a boon back to his world."



► Happy Feet Two director George Miller enlisted the help of his daughter to aid in lyric writing for one of the songs.

"Because the film takes place in a truncated time period it was important to make it epic from some point of view. From the krill's point of view it's a very big world — universe — out there. We saw them like space explorers wanting to go out beyond their world."

The krill may leave their flock — the "krillions" of krill they live with — to go on a journey, but Miller says the point

of the story has more to do with family than heroes.

"They begin by being torn apart in some way," he says, "and it is only in the coming together that they are able to solve the problem."

For Miller, *Happy Feet Two* was a bit of a family affair, but not intentionally. He says he turned to his daughter to write the lyrics of the show-stopping tune Eric's Opera be-

cause he was desperate.

"We had three very well-known writers who have written musicals in Australia to try and write some lyrics and it just wasn't working," he says. "It was over elaborate so I called her and said, 'Can we just sit down together and work through it.' In two hours she had it, but it was more out of desperation than wanting specifically to work with my daughter."

Will the Krill's adventure

► When Will decides to swim out on his own to see the world beyond the krill swarm, skittish Bill tags along. They discover, to their horror, that krill are just munchies for others, sending Will on a quest to move up the food chain and become a predator.

THE ASSOCIATED PRESS

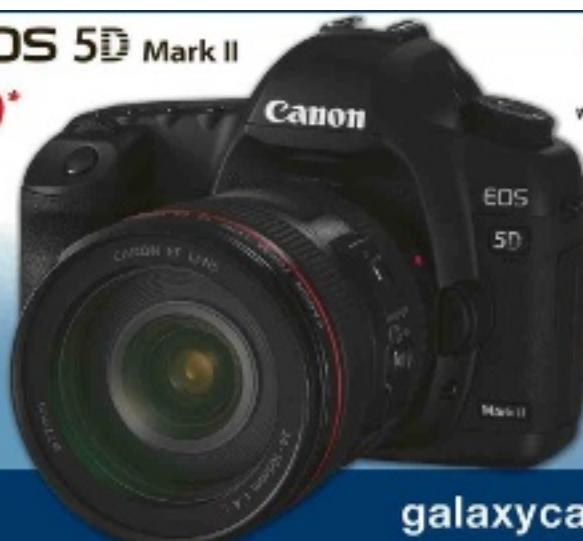
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A world beyond Hogwarts

► As the final Harry Potter film hits the shelves, the cast and crew take a final bow and look toward the future

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METRO WORLD NEWS IN HOLLYWOOD

The streets of Universal Studios' replica Hogsmeade seemed a little more authentic last weekend, with actual Weasleys' and other wizards wandering about.

Cast members and filmmakers from the eight-film Harry Potter series assembled at the Wizarding World of Harry Potter theme park in Florida for one last hurrah, just in time for the DVD and Blu-Ray release of the series' final film, Harry Potter and the Deathly Hallows Part 2.

How much of a goodbye this really is isn't clear, of course, as there are still a few Potter events on the calendar — Leavesden Studios in England will open

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies..."

DAVID YATES,
DIRECTOR OF THE FINAL FOUR
INSTALLMENTS OF THE
HARRY POTTER FILM SERIES

its doors in March for special tours of key sets from the series, and a more comprehensive, extras-packed box set of all eight films will inevitably be offered up to consumers.

But the big party in Or-



► The cast of Harry Potter and the Deathly Hallows: Part 2 arrive at the film's July 2011 premiere. The film is available today on DVD and Blu-Ray.

lando still served as a send-off celebration of sorts, offering cast and crew a chance to reflect as well as look to the future.

"In one way, it's quite nice to come back and do one last thing, in a way, as part of the process of letting go," says David Yates, who directed the series' fi-

nal four films.

"It's been all-encompassing. You just were completely immersed, and that has wonderful things about it and not-so-wonderful things... You work in this very intense, closed environment, and they never stop doing anything but just making Harry Potter.

So it was a relief to get to the end of it and suddenly lift one's head up and realize that there's other things in life other than Hogwarts and wands."

So what is Yates — who has won acclaim for his quieter TV work like State of Play and the Girl in the Cafe — looking to do next?

The key is variety, he says.

"Potter gave me so many opportunities, but it never gave me the opportunity to do something small between each movie, and now I want to make some smaller movies alongside some big tent-pole movies," Yates explains.

Rupert Grint, who shot to fame as Harry's pal Ron Weasley starting at age 11, did get that chance to branch out, popping up in indie fare like Cherry Bomb and Driving Lessons between semesters at Hogwarts.

"It was really fun to do those other films, to see how other films are made and step out of this bubble and explore what else is out there. I'm really excited to do more of that," he tells Metro.

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Happy Birthday, Xbox

► The Xbox turns 10 today ► Here's why it matters

1. Unveiled Nov. 15, 2001, in a world dominated by Sony's PlayStation 2, the Xbox was the underdog. Creator Microsoft was known for Windows operating systems but not

games. But its main feature — a built-in hard drive — was new, and impressive.

2. Smartly, the Xbox's launch title was Halo: Combat Evolved, a first-person

shooter series with an already-large fan base.

3. Proof the system was taking off: In 2002, 250,000 people signed up for Xbox Live, the Internet service

that connects players around the world. By 2009, the service had 20 million members.

3. In May 2005, the next-generation Xbox 360 was announced. More than 60 million have been sold.

4. Kinect for Xbox 360, launched No-



vember 2010, allows you to control images without a controller — the technology reads your body movements. The applications are just starting to be realized.

5. What's next? We'll find out in 2013, when the next generation Xbox is rumoured to be announced.



► Halo remains popular to this day.

METRO

DVD Releases**Buy it | Rent it Borrow it | Yawn | Don't bother** **Harry Potter and the Deathly Hallows: Part 2****Genre:** Adventure**Director:** David Yates**Stars:** Daniel Radcliffe, Emma Watson, Rupert Grint

Ten years and eight films after Harry Potter's cinematic adventures began, the saga resolves in ways suspenseful, romantic and thrilling.

In Harry Potter and the Deathly Hallows: Part 2, returning director David Yates, screenwriter Steve Kloves and many other creative hands pull out all the stops for the grand finale of the boy wizard's long battle with evil Lord Voldemort, a snake-faced creep played with masterful menace by Ralph Fiennes.

The action rarely flags in the film, which at 131 minutes is the shortest of the Harry Potter sagas, but also the most exciting.

The long-anticipated siege of Hogwarts gets what can only be called the Lord of the Rings treat-



ment, with visual mayhem and character dynamics writ large. Even viewers fully versed in the plot will find themselves catching their breath as long-simmering developments reach fruition and apparent red herrings are addressed. The only disappointing aspect of this otherwise stellar send-off to Harry Potter is the post-production conversion to

3D (available with the Blu-ray), which adds absolutely nothing to the experience.

This outing can be summed up by the final three words of the final Potter book, which I present as a teasing acronym to avoid spoilers: "AWW." That may also be the sound you make at the conclusion of the film's romantic epilogue, which will prompt many smiles of satisfaction.



Extras, mostly on the Blu-ray, include deleted scenes, Maximum Movie Mode, a conversation with Daniel Radcliffe and J.K. Rowling and numerous featurettes.

• PETER HOWELL

Larry Crowne**Genre:** Comedy**Director:** Tom Hanks**Stars:** Tom Hanks, Julia Roberts, Sarah Mahoney

good flick about coping with unemployment.

Hanks (who also directs, and co-writes with Nia Vardalos) stars as the low-ambition Larry, who happily toils as a minimum-wage drone at U-Mart, a fictional Walmart clone.

When he gets the boot one day after being told he doesn't meet their requirements because he's lacking a degree, Larry picks himself up and immediately enrolls at a community college.

There he must take a public-speaking course taught by Mercy, played by the perpetually brittle Julia Roberts.

You get no awards if you figure out there will be a romance between Mercy and Larry. But don't get excited ... the sparks from these two couldn't ignite an open barrel of gasoline.

Extras include deleted scenes and a making-of featurette.

• PETER HOWELL

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James cheated with 19 women: Kat Von D

► Tattoo artist bares all on recent Facebook post

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Say what you like about Kat Von D, but at least she can admit when she's wrong.

In a rather mature-sounding Facebook blog entitled Thank You, Jesse James, which she posted on Sunday, Von D says her relationship with Jesse was "toxic" and claims he cheated on her with 19 different women before they broke off their engagement in September.

"I know I deserve a big fat 'I told you so,' from everyone, and wish I didn't have to say, 'You all were



► Kat Von D

more right than you'll ever know,' but you were," she writes.

"Not to worry, I've gladly paid the consequences for every mistake I've ever made, but learned so much from each of them."

She doesn't have too harsh words for James, actually, just sympathy: "I think it just made me sad today to imagine him still in that dark place — where seeking validation through the attention of women takes precedence over being a good father, a sincere friend, a better coworker, and a happy individual."

And that, my friends, is how you really take a 'superpoker' to task on Facebook.

Celebrity tweets



Sorry I haven't been tweeting as much! I deleted the twitter app off of my phone. Just taking some "ME" time!



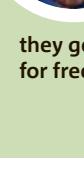
@MileyCyrus

Dave grohl just gave me a flask of moonshine.... #uhoh



@keshasuxx

So a celebrity can just mention a product on Twitter and then they get them sent to them for free? OVEN MITTS!!!



@ConanOBrien



► Brad Pitt

Pitt to quit?

Brad Pitt says he wants to retire from acting at age 50.

"Three years," the 47-year-old actor declares to the Australian edition of 60 Minutes.

"I am really enjoying the producing side and development of stories and putting those pieces together."

Pitt has apparently had

the end of his acting career on his mind lately, as he recently told Culture magazine, "We all have a shelf life, and mine is coming."

But Pitt and partner Angelina Jolie aren't necessarily planning to quit expanding their family.

"You know, I don't know that we're finished. I don't know yet. I don't know," he admits. ● METRO

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3

life

Trend of the week

Workout hoodies

The colder it gets, the more we need to cover up for our workouts. A hoodie is the perfect accessory for fitness lovers that don't want to look frumpy when they head out for their morning jog.

METRO



TOPSHOP

\$45
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552 million people could have diabetes by 2030; experts say many cases still preventable

Casting a dark light on black licorice

► Eating large amounts of the tasty treat linked to health complications ► Physician tells of a case where patient suffered swelling, high blood pressure from consuming lots of candy



CELIA MILNE
LIFE@METRONEWS.CA

Warning: Eat black licorice sparingly.

Believe it or not, gobbling up too much of this yummy candy can cause high blood pressure, low potassium, fluid buildup, aching and weakness in the muscles, and unexplained weight gain.

"It is a question of balance," says Dr. Christine Johns, assistant professor at the University of Ottawa and an attending physician at the Ottawa Hospital emergency room.

"I am personally a great fan of black licorice. It is delicious and can be used by people who have chronic constipation, with proper guidance, and it may have other beneficial effects. Adverse effects from black licorice occur only when people consume large amounts and for at least a few days running."

In 2009, Dr. Johns wrote in the Canadian Journal of Emergency Medicine about a 49-year-old physician who came to the hospital with swollen legs, weight gain and raised blood pres-



► Black licorice — it's just one more delicious thing that is bad for you.

sure.

She had been eating between four and seven black licorice cigars a day for 10 days in a row. (She had bought them because she loved them and be-

cause she was going on a family trip, and knew they made good laxatives.) Black licorice contains glycyrrhetic acid (GZA), which can be toxic in large amounts.

"My patient ate far too many black licorice cigars," says Johns. As soon as the woman stopped eating the candy, her symptoms disappeared and her weight went back to nor-

ISTOCK PHOTO

Black and white

Black licorice isn't all bad.

► **Toxic** There are beneficial effects too, says Dr. Christine Johns, an emergency room doctor at the Ottawa Hospital. "Balance. In all things from diet to exercise," she reminds Metro readers. The ingredient in black licorice that can be toxic (GZA) is also commonly found in herbal remedies for cough, stomach ailments and constipation. It is reputed to have antibacterial and antiviral properties, she says. "When I have patients who suffer from constipation I sometimes suggest black licorice made with natural ingredients if they have no prior problems with blood pressure or kidney function. I educate them about safe amounts."

mal.

Just before Halloween, the FDA in the U.S. warned people over age 40 that eating more than 2 oz. of black licorice a day for more than two weeks could land you in the hospital.

F@#%!
I didn't use
a condom.

Hot, sweaty,
feverish —
feels like the flu.

I'm fine. I'm fine.
I'm just
imagining this.

WTF is this rash
on my stomach?

Get on it.
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OK, I want to know
what's going on.
I'm getting tested.



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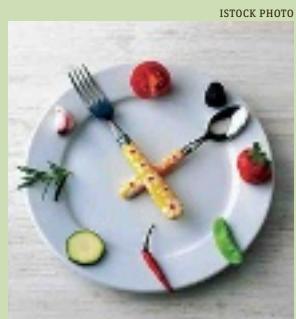
Best Health Minute**BONNIE MUNDAY,**
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

Eat By the Clock I was on Breakfast Television in Toronto recently talking about what you should eat at certain times of day if you're watching your weight. The advice is from dietitians we consulted for an article that's in our November issue. Here's an excerpt:

Morning Eat breakfast! We've all heard it, and it's true, that eating breakfast kickstarts your metabolism and gives you energy to start the day.

Get some protein, such as eggs, Greek yogurt or peanut butter, as protein helps keep you full for longer. Whole grains, like a bowl of oatmeal, also make an excellent breakfast.

But skip the bagel with



Have a snack between breakfast and lunch, or you'll be ravenous at midday and tempted to have a high-calorie lunch.

bacon and cheese, which is high in calories and fat without a whole lot of nutritional value.

Mid morning Have a snack between breakfast and lunch, or you'll be

ravenous at midday and tempted to have a high-calorie lunch.

Apple slices with peanut butter is a good snack choice (and peanut butter has healthy fats), or try baby carrots dipped in yogurt, which gives you one of the seven to eight servings of vegetables and fruit that women need daily.

Lunch A chicken or salmon sandwich (maybe using leftovers from dinner the night before?) with some red pepper strips and cucumber slices is filling and healthy.

To find out what not to have for lunch, and what to eat in the afternoon, dinnertime and evening, pick up the November issue, which is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

YES	NO	
I am feeling sad and depressed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input checked="" type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input checked="" type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**Ottawa Psychopharmacology Clinic**
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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

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All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

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BAD BREAKS CAN HAPPEN TO THE BEST OF US!

As dentists, we are strong believers in YOUR power to control so many aspects of your oral health, as well as your life! Taking positive steps with diet, exercise, dealing with stress as well as regularly brushing and flossing your teeth can all improve your oral health.

Unfortunately, even the strongest, healthiest teeth may fracture as a result of an unforeseen accident. This may require that you seek some form of dental treatment. Of course, the nature of the required treatment may vary depending upon the manner of the fracture.

For instance, cracks in the teeth can be treated with different options, depending upon the severity of the crack. Very minor surface cracking of the enamel may be treated with a simple polishing of the affected tooth.

However, if you notice the appearance of a crack on your teeth, you should not assume it is minor in nature. Have your dentist take a look. The crack may be indicative of a more severe fracture that goes through the entire tooth.

You may not be experiencing any pain yet, but such a crack can leave your root exposed. It could require a filling, a crown or possibly a root canal if the root



Dr. Martin LaBoissonnierre
Dental Surgeon

or pulp of the tooth has been damaged.

Many people active in sports may chip a tooth. Again, the severity and location of the chip can determine the ideal treatment. A very minor chip may require little more than filing away any sharp edges created. If the shape is not cosmetically appealing, veneers may prove an attractive option to get that tooth to, once again, look...attractive!

However, larger chips may leave a root exposed and require more intrusive intervention. Again, a crown could be the option best suited to this situation.

If you experience a serious break, you

will know it. Such a break will usually be the result of a strong trauma, and it will usually be accompanied with very noticeable pain, bleeding and often swelling. You will have to see your dentist immediately.

In some instances, the fracture may be so severe that your dentist might suggest implants as the best alternative. Implants are wonderful options as they look and perform just like a natural tooth. Patients who have had them have been thrilled with the results!

For all the hard work you do to take care of your teeth, we hope you never see your efforts undone by an accident that leaves you with a fractured tooth. However, if this should be the case, visit your dentist as soon as possible. Even if you think it is a minor break, x-rays may reveal a potentially more serious problem than you might think.

Let your dentist determine how severe the damage is and provide you with treatment options. Because treating fractures as early as possible is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonnierre
- Dental Surgeon

CLOVER LEAF

Shawarma with a Tuna Twist



Ingredients:

- 1 can (85 g) each flaked light tuna (lemon & pepper, and garlic & hot pepper)
- 5 mL (1 tsp) cumin
- 2-25 cm (10 inch) whole wheat pitas
- Half tomato, diced
- 2 each romaine lettuce leaves (shredded), red onion slices, dill pickle spears, cucumber ribbons

Preparation:

- 1 Cucumber and Dill Sauce: In small bowl, stir together yogurt, cucumber, dill, garlic and lemon juice. Cover and refrigerate.
- 2 In another bowl, combine both cans of tuna and cumin. Lay pitas flat and divide tuna mixture along centre of each pita. Top with lettuce, tomato and onion. Top with pickle and

Cucumber and Dill Sauce:

- 45 mL (3 tbsp) plain yogurt
- 30 mL (2 tbsp) diced cucumber
- 15 mL (1 tbsp) chopped dill
- 1 clove garlic, minced
- 5 mL (1 tsp) lemon juice

cucumber. Drizzle sauce over each and roll pita up tightly to serve. **EMILY RICHARDS/CLOVER LEAF**

Marrying hot & sour goodness

► At Nokham Thai, you'll find wallet-friendly lunch specials and a warm atmosphere ► Try delicacies such as red curry chicken and hot & sour soup

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



In this small strip-mall sits a humble but brag-worthy Thai restaurant. Nokham Thai has been around for years, serving Asian cuisine in its simple dining room where tables are covered with blue cloths topped by bamboo place mats.

The lunch specials came with the standard hot and

► **Nokham Thai**
747 Richmond St.
613-724-6620
Social lunch: Yes
Quick solo lunch: Yes
Price range: \$
Rating: 3.5 out of 5



► Panang Red Curry Chicken (\$9.99).

sour soup, but this one was exceptionally tasty. It was brightened with cilantro and left me sniffing from the spice long after my last sip.

One misstep from the kitchen was the chicken and vegetable spring rolls. They tasted old and bland

without much crunch, although the sweet fruity sauce helped camouflage this blunder.

My main was served in a beautiful hot pot. The Panang Red Curry Chicken was moderately spiced and laced with coconut creaminess and peanut crunch.

The dish was packed with flavour and balanced by some heat. The jasmine rice on the side was moist.

The quality of the food, the presentation, and the friendly ambiance all contributed to a pleasurable lunch experience. I will visit often.

TALKING ABOUT TIPS

CHARLES THE BUTLER



ASKCHARLES
THEBUTLER@
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FOR MORE, VISIT
CHARLES
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laughed and said, "Charles, do you want to answer that question?"

That's such a great ques-

tion I had to jump in. Now, first I think you might like to know that the word "tip" stands for, which is "to insure promptness." Originally a tip used to be given before you asked for a service so that you could ensure good, quick and professional service. Today it is customary to give a tip after the service is performed.

So the short answer is you can give a tip to anyone who goes out of his or her way to help you, but below



► The bellman at a hotel should be tipped.

is a basic chart to help guide you.

Now I have purposely left out how much to tip, because that is truly dependent on where you are in the world, what kind of

hotel you are staying at and how generous a tipper you are.

People you should tip in a hotel

• Bellman who carries your

luggage to and from your room.

- Housekeeper who cleans your room (most forgotten employee).
- Concierge who makes your reservations and/or advises you on local plans and information.
- Waiter/waitress in the restaurant.
- Room service. Although they generally already have a gratuity added to the invoice, most still give a little additional gratuity.
- Car jockey when they return your car.

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GIVING GUIDELINES

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Picture this: It's Christmas morning and you swap presents with your honey bunny. Surprise! You get a \$600 iPad and a terrible sinking feeling in your stomach because you only bought a \$50 sweater. Whether or not you could have spent more, you feel guilty.

Have you talked to your Holiday Honey about what you plan to spend on each other this season? A simple conversation can save you sleepless nights, loads of guilt, and hundreds of dollars. While you're making dinner or out for a walk, ask your partner what they'd like for Christmas. Then talk about what both of your holiday budget limi-

tations are. For example, you may have set aside \$500 and have to buy gifts for 10 people while your honey may have \$1,500 to spend on five people.

If your holiday budgets are significantly different, talk about it! Does it make you uncomfortable? Is your partner OK if the value of their gift is much different from yours? If you're not cool with the budget disparity, pitch the idea of setting a limit like \$100 per person.

If you can't agree on a dollar value, consider putting money toward a joint gift like a weekend trip to the mountains. Better yet, make a donation or volunteer together at your favourite charity.

Remember that in lean times couples often don't exchange any gifts. Rather, they'll swap homemade cards or enjoy free festive activities like viewing holiday displays or playing shinny hockey with neighbours.

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What's in your best interest?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Are you challenged? According to the November study of Canada's 5.8 million

residential mortgages by the Canadian Association of Accredited Mortgage Professionals (CAAMP), 12 per cent of homeowners would feel the pinch if their mortgage rate rose by less than one per cent.

At the same time, 36 per cent of homeowners have been making heightened efforts to pay down their mortgage through increased monthly payments, lump sums, more frequent payments or a combination.

This is heartening news, but is it the best strategy? Probably yes if a mortgage

is your only debt, but probably no if you owe money elsewhere.

The first step to finding the right course of action is to make a list of everything you owe, including principal, interest rate and the payments you typically make.

During the past year, the average rate for fixed rate mortgages according to CAAMP was 3.88 per cent.

Other borrowing can range from four per cent for home equity lines of credit (though obviously those with top credit rating will get better rates) to 29.99 per cent for some bank and retail credit cards.

Let's suppose you're one of the 36 per centers and are accelerating mortgage payments. But let's also suppose you have credit card and credit line debt of \$25,000 with a combined (weighted) interest rate of 10 per cent (both roughly the Canadian average).

Doing the math

A rate hike of 1% will increase the average Canadian mortgage by \$77 a month.

► A hike of 2% increases it by \$158 monthly.



► Alison's money rule:
Before increasing
mortgage payments tackle
higher interest debt first.

If your non-mortgage debt payments are \$500 it will take you 300 months or 25 years to retire the debt and you'll spend over \$17,000 on interest along the way. Ouch!

However, if you just pay the required minimum on your (for now) cheap mortgage and accelerate payments on your other debt the picture looks better.

By increasing your credit line/credit card payments to \$750 the debt vanishes in 40 months and interest costs decrease to \$4,400.

At that point you can turn the entire consumer debt payment of \$750 to

your mortgage and it will begin to disappear very quickly. Now that's real protection from interest rate increases! Don't forget that personal and home equity lines of credit are just as vulnerable as mortgages to interest rate hikes.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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ADVERTISING FEATURE

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RECYCLE FROG

Selling old gold and silver jewelry?
The bad. The ugly. The good.

Skyrocketing gold and silver prices has many consumers wondering how much their old or broken gold jewelry is worth.

The question you should be asking yourself is: where do you go to ensure you receive a fair offer? There are plenty of options but which ones pass the common sense test?

Option #1: New companies. Inflated promises. False advertising.

Anyone can post really high payout prices. There are no laws to protect unsuspecting consumers from misleading ads that promise to pay outrageous and unrealistic prices.

They use them to lure people in, then adjust weights, inaccurately evaluate material (eg. say something is 10kt when it's actually 14kt). The bottom line, people end up with less money in their pocket, not more.

Option #2: Mail away your gold. Hope for the best.

Most consumers feel uneasy about mailing their jewellery to one of the many flashy "Cash for Gold" type companies seen



on TV. The truth is, several of these companies have received harsh criticism from consumer advocacy groups because of their notoriously shady sales tactics and low payouts.

So, if those ads featuring cash waving "customers" send a chill down your spine, it's for good reason.

Option #3: Recycle Frog, you be the judge.

Recycle Frog is an Ottawa-based precious metals recycling company that has built its business by serving today's more prudent middle and upper-middle-class consumer. Comprised primarily of ex-Royal Canadian Mint employees, Recycle Frog's payout rates are published, and consistently rank among the highest in the industry.

One-on-one evaluations are conducted at their many convenient public events or are pre-scheduled at their World Exchange Plaza location. They're a trusted fundraising partner to various charitable organizations including the United Way, CHEO, Christmas Exchange and The Canadian Cancer Society.

Get a competitive, haggle-free offer for your old gold and silver by simply calling Recycle Frog at 613-695-1236 or visit their website at www.recyclefrog.com for more information.



GEORGE DOYLE/STOCKBYETHINKSTOCK

FIGHT COLD AND FLU SEASON

HAND HYGIENE KEY

How many times did you wash your hands today?

If it's fewer than five times, your risk for catching a cold or flu virus goes up, according to Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service at the B.C. Centre for Disease Control.

With cold and flu season in Canada gearing up and not peaking until early 2012, it's important to do everything you

can to avoid the viruses that cause colds and flu.

"We know that people who wash or clean their hands five times a day are less likely to get colds and flus," says Henry.

Most respiratory viruses spread by coughing, but they can also spread indirectly when people cough into their hands and then touch objects. A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys — popular places young children put their little hands on

every day. Kids aren't always as careful with their hygiene as adults — they drop toys, play on the floor, and put their hands in their mouths. Using a product like Mr. Clean with Febreze freshness Disinfectant Liquid can help. It is not only formulated to kill the flu virus (influenza A2) when used as directed, but it also leaves a fresh, pleasant scent behind.

"Viruses can stay alive for 24 to 48 hours," says Donna Wiens, president of the Community and Hospital Infection Control Association (CHICA) and an

RN and infection control specialist. "So the next person that comes along and turns the doorknob or uses the telephone, is at risk."

"We're big promoters of hand hygiene, cough etiquette (such as covering your mouth when you cough), influenza immunization, and staying home if you're sick. And none of those stand on their own — they all go together."

The other important message: it's everyone's responsibility to do everything possible to avoid spreading germs.

— Ylva Van Buuren

GET WELL SOON



TOM LE GOFF/PHOTODISC/THINKSTOCK

The average child will get between eight and 12 cold or flu viruses a year, while adults typically get six to eight. The bad news? There's no cure.

"You can't take antibiotics for a virus," says Dr. Jonathan Kerr, a spokesperson for The College of Family Physicians of Canada. "But your body will heal itself in five to 14 days, depending on how severe the virus is."

To get well soon, Kerr recommends following these doctor's orders:

GET PLENTY OF REST If you sleep for a day or two when you first get sick, the world won't stop revolving — and it could help you feel better faster. "I ask my patients how well they're really functioning when they feel miserable," says Kerr. "The body will heal itself if you do the right things, but you have to be patient. It could take a week or two before you feel completely well again."

REPLACE LOST FLUIDS If you're vomiting and sweating or you have diarrhea, drink lots of water or other non-caf-

feinated beverages such as juice and herbal tea. Homemade chicken soup is great too. "If someone who cares about you made it, there's a psychological component that will make you feel better," says Kerr. "Plus it's mostly fluid, and the protein in the chicken will give you some strength." Since ginger has anti-nausea properties, sipping cold or warm flat ginger ale may ease stomach upset.

SEEK OVER-THE-COUNTER RELIEF A pharmacist can help you choose a product to ease a cough, a runny or stuffy nose or muscle aches. Want to try a supplement? Go ahead — some small studies have shown that zinc and echinacea may lessen a virus' duration by half a day if you take them when symptoms start. "If you take the proper dosage, it won't hurt and it might help," says Kerr.

— Jane Doucet

IS IT A COLD OR FLU?

Cold symptoms include sneezing, runny nose and congestion as well as headache, cough and sore throat. Fever is the hallmark difference, says Wiens. If you have the flu, you may have fever as well as severe body aches and muscle aches.

— Ylva Van Buuren

FLU WATCH

About 10 to 25 per cent of Canadians get the flu each season, while the average Canadian deals with three to four colds every year.

Immunization is the best protection against the flu, and the best time to be immunized in Canada is right now, says Dr. Bonnie Henry, medical director, Communicable Disease Prevention Service, B.C. Centre for Disease Control, Vancouver. Pretty well everyone is encouraged to get a flu shot including pregnant women and children under two. Speak to your doctor for more information.

To keep track of the spread of flu and flu-like illnesses, bookmark Public Health Agency of Canada's Flu Watch phac-aspc.gc.ca/fluwatch/. So far, only sporadic influenza activity has been reported. But there has been an increase in detections of cold viruses.

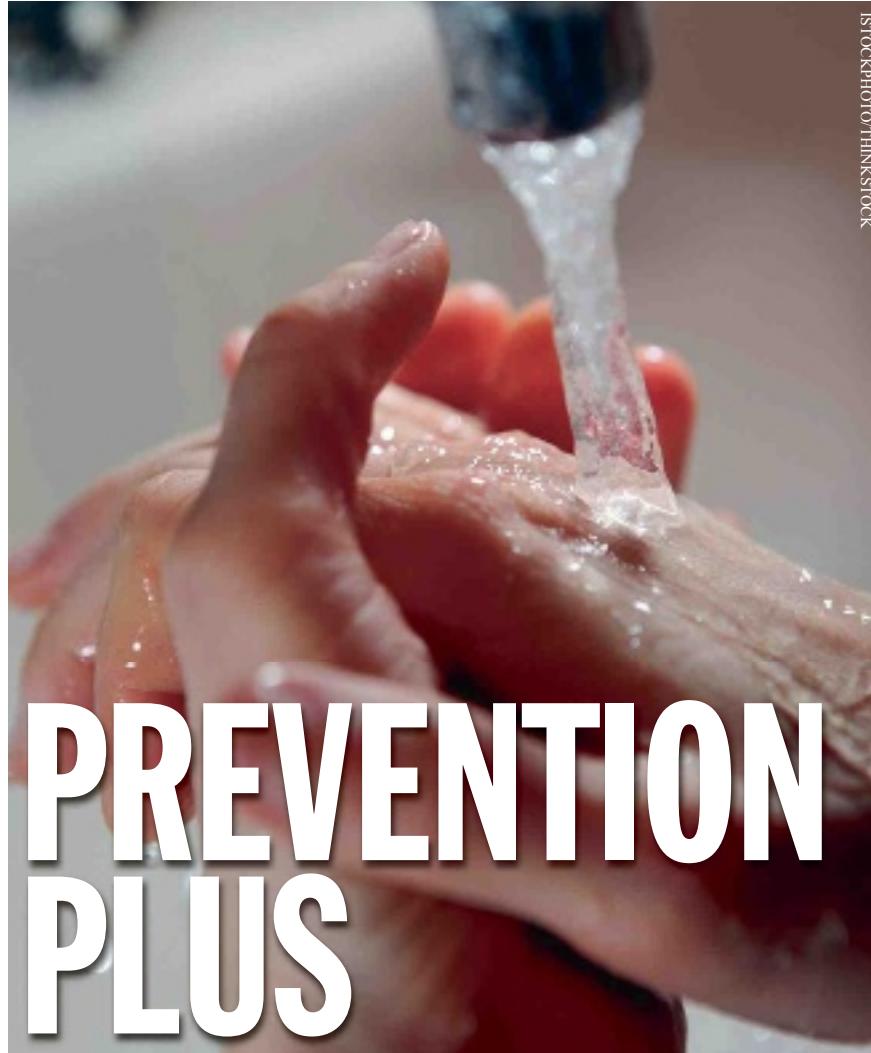
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PREVENTION PLUS

HOW TO AVOID CATCHING AND SPREADING BUGS AT HOME

Uh oh — your third grader has come home sick and is coughing up what you're pretty sure are her lungs. How do you prevent catching what she's got, or any other cold and flu bugs that invade your home before the end of April? Read on.

TEACH EVERYONE IN THE FAMILY TO WASH THEIR HANDS REGULARLY "This is the best way to stop the spread of those germs," says Dr. Carol McConnery, a Gatineau, Que.-based family physician. Don't forget to wash your hands after every time you use the bathroom, come in from outside, and sneeze or cough into your hands. If you share keyboards, phones, and so on, try to wipe those surfaces clean regularly and to wash your hands after use.

PRACTISE THE SLEEVE SNEEZE Make sure everyone sneezes or coughs into their elbow rather than their hands to prevent spreading germs. "Or cough and sneeze into a Kleenex, which they then throw it out. Don't leave their Kleenex everywhere and someone else picks it up," says Dr. McConnery.

DON'T SHARE Family members often share personal use items without even realizing it — think face cloths, hand towels and more. "So be careful not

to drink out of other's glasses, and no sharing of toothbrushes. And moms, don't put the soothers in your mouth before it's into the baby's — things like that," says McConnery.

CONSIDER SUPPLEMENTS Anne Marie Picone Ford, a pharmacist and owner of Ford's Apothecary in Moncton, N.B., recommends vitamin D specifically. "It helps boost the immune system in an effective way and you can take it in tablet or drop form." (Check with a pharmacist about how much you should take daily — and other supplements and cold prevention products.)

— Astrid Van Den Broek

GOING PUBLIC

Along with hand washing with soap and water (or alcohol-based antibacterial gels) after you've touched public surfaces, your best bet to avoid getting the flu is by getting an annual flu shot. There are a few new flu products on the market, says Dr. Bonnie Henry, the medical director for communicable disease prevention service at the B.C. Centre for Disease Control in Vancouver. Flu Mist is a nasal spray vaccine that is very effective and available for healthy kids ages two to 18, says Dr. Henry. Provincial health plans don't cover it and you need a prescription. There's also a new flu shot called Fluad for people over 65 that helps boost the immune response. Ask your family doctor about both.

IMMUNE BOOSTERS

SOME FOODS CAN HELP YOU FIGHT SICKNESS

The immune system is how your body defends against illness, says Toronto-based registered dietitian Cara Rosenbloom.

While experts recommend a healthy lifestyle in general, there are specific foods that help strengthen the immune system, says Rosenbloom. "Even if you still get a cold, having a strong immune system will help you fight it faster."

Here's a shopping list.

PROBIOTIC YOGURT Probiotics are good bacteria that strengthen the immune system, says Rosenbloom. Read labels and look for yogurts with added probiotics. Research shows that about 10 billion active probiotic cultures per day may help shorten the length of a cold and reduce symptoms.

FRUITS AND VEGETABLES About 200 milligrams of vitamin C daily before you get a cold may slightly reduce cold symptoms and help make the cold go away faster. Getting the recommended seven to eight servings of fruits and vegetables daily will give you enough vitamin C, says Rosenbloom. Some of the best sources: red peppers, oranges and strawberries.

ZINC-RICH FOODS Studies show taking zinc within 24 hours of getting a cold may help lessen symptoms. Studies use 23 milligram supplements daily, says Rosenbloom. But, you also get the mineral in beef, crab, turkey, pork and

chicken as well as beans, nuts and pumpkin seeds.

VITAMIN D-RICH FOODS Vitamin D helps keep immune cells functioning properly too, says Kristen Schiener, a registered holistic nutritionist in Toronto. The best sources are eggs, fatty fish, beef liver and calf liver.

FATTY FISH Schiener says omega 3 essential fatty acids also play a critical role in the immune system. The best food source is fatty fish such as salmon, herring, mackerel and sardines.

— Ylva Van Buuren

FEED A COLD, STARVE A FEVER?

Don't do it, according the Dietitians of Canada website. Whether you have a cold or flu, the association recommends eating smaller, more frequent meals and snacks to support the body's defences.

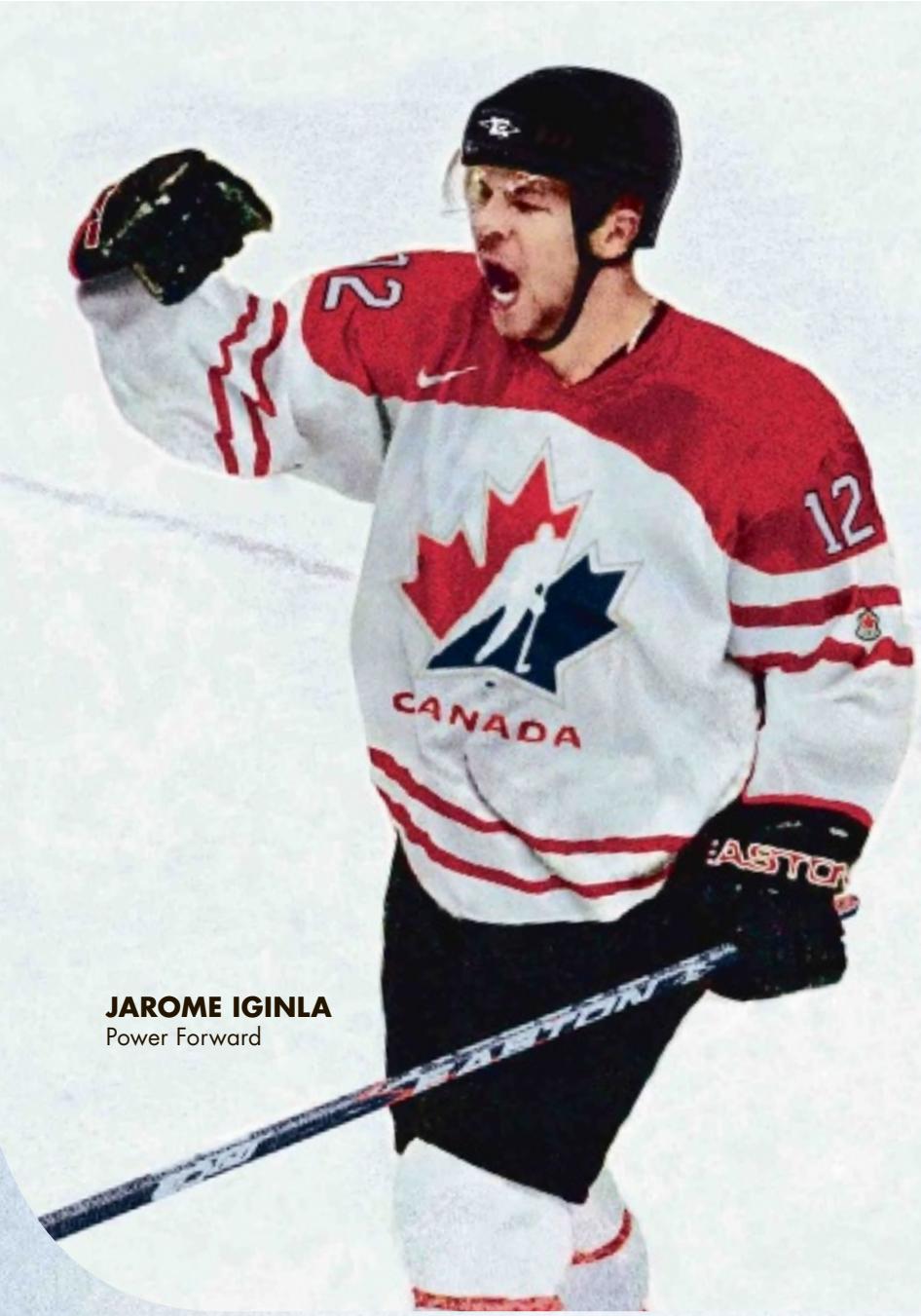
What you don't want to feed your body with are foods high in sugar or saturated fats. Eating sugar actually causes your immune function to go down, says Schiener. Bad fats also interfere with the efficiency of the immune system.

DRINK UP

"Viruses and bacteria get into our bodies when our membranes get dried out in the nose and back of throat," says Schiener. "The more lubricated your body, the easier it is for us to fight off infection and keep germs out." Schiener recommends clear fluids like herbal teas and water. If water is boring, add a splash of fruit juice.



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Quoted



"The Phillies showed they were interested in me and I wanted to make this decision quick and get it over with."

FORMER RED SOX CLOSER JONATHAN PAPELTON AFTER HE FINALIZED A \$50 MILLION US, FOUR-YEAR CONTRACT WITH THE PHILLIES YESTERDAY.

'Nuclear winter' for NBA?

► Commissioner says season is in jeopardy after players reject offer, start to disband union

NBA players delivered a resounding but risky response to one more ultimatum from NBA commissioner David Stern: See you in court.

The players' association rejected the league's latest proposal for a new labour deal yesterday and began disbanding, paving the way for a lawsuit that throws the season in jeopardy.

Negotiating went nowhere, so now the union is going away.

And Stern said "nuclear winter" is coming.

"We're prepared to file this antitrust action against the NBA," union executive director Billy Hunter said. "That's the best situation where players can get their due process."

And that's a tragedy as far as Stern is concerned.

"It looks like the 2011-12 season is really in jeopardy," Stern said in an interview aired on ESPN. "It's just a big charade. To do it now, the union is ratcheting up I guess to see if they can scare the NBA owners or something. That's not happening."

Hunter said players were not prepared to agree to Stern's ultimatum to accept the current proposal or face a worse one, saying they thought it was "extremely unfair." And they're aware what this battle might cost them.

"We understand the consequences of potentially missing the season; we understand the consequences that players could



► NBA Players Association president Derek Fisher, surrounded by NBA players, speaks during a news conference after meeting with the players' union yesterday.

potentially face if things don't go our way, but it's a risk worth taking," union vice-president Maurice Evans said. "It's the right move to do."

But it's risky.

Hunter said all players will be represented in a class-action suit against the NBA by lawyers Jeffrey Kessler and David Boies — who were on opposite sides of the NFL labour dispute, Kessler working for the players, Boies for the league.

"Mr. Kessler got his way, and we're about to go into the nuclear winter of the NBA," Stern told ESPN. "If I

'Broken down'

Union executive director Billy Hunter said the bargaining process had "completely broken down."

► Players made numerous economic concessions and were willing to meet the owners' demands of a 50-50 split of basketball-related income, but only if the owners met them on their system wishes.

be voided.

During oral arguments on Nov. 2, the NBA asked U.S. District Judge Paul Gardephe to decide the legality of its lockout, but he was reluctant to wade into the league's labour mess. Gardephe has yet to issue a ruling.

Two years of bargaining

couldn't produce a deal, with owners' desires for more competitive balance clashing with players' wishes to keep the salary cap system largely intact.

Stern, who is a lawyer, had urged players to take the deal on the table, saying it's the best the NBA could offer and advised that decertification is not a winning strategy.

Players ignored that warning, choosing instead to dissolve the union, giving them a chance to win several billion dollars in triple damages in an antitrust lawsuit.

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NATIONAL HOCKEY LEAGUE**EASTERN CONFERENCE**

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	17	10	4	1	2	51	40	23	5-1-0	5-3-0-2	7-2-0-1	L1
d-Washington	15	10	4	0	1	55	42	21	6-1-0-1	4-3-0-0	5-4-0-1	L1
d-Toronto	17	10	6	1	0	51	58	21	5-3-1-0	5-3-0-0	5-5-0-0	L1
NY Rangers	15	9	3	1	2	43	31	21	5-1-0-1	4-2-1-1	7-2-0-1	W6
Philadelphia	16	9	4	2	1	62	48	21	4-3-1-1	5-1-0-1	5-3-1-1	W1
Buffalo	16	10	6	0	0	49	40	20	5-4-0-0	5-2-0-0	5-5-0-0	L1
Florida	16	8	5	0	3	46	42	19	2-2-0-3	6-3-0-0	5-2-0-3	L1
Tampa Bay	16	8	6	0	2	46	50	18	5-1-0-0	3-5-0-2	7-3-0-0	L1
New Jersey	15	8	6	0	1	37	41	17	4-3-0-1	4-3-0-0	5-5-0-0	W1
Ottawa	18	8	9	0	1	53	65	17	5-4-0-1	3-5-0-0	5-4-0-1	W1
Boston	15	8	7	0	0	52	35	16	6-5-0-0	2-2-0-0	6-4-0-0	W5
Montreal	16	7	7	1	1	40	42	16	2-4-1-1	5-3-0-0	6-3-1-0	W2
Carolina	17	6	8	2	1	43	58	13	4-3-0-1	2-5-2-0	3-6-0-1	W1
Winnipeg	17	5	9	2	1	43	58	13	2-3-0-0	3-6-2-1	3-5-2-0	L5
NY Islanders	14	4	7	2	1	29	43	11	4-3-1-0	0-4-1-1	1-6-2-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	18	11	4	1	2	62	52	25	7-1-0-2	4-3-1-0	6-3-1-0	W3
d-Dallas	16	11	5	0	0	48	41	22	6-1-0-0	5-4-0-0	6-4-0-0	L2
d-Minnesota	17	9	5	2	1	39	36	21	5-2-1-0	4-3-1-1	7-2-1-0	W1
Edmonton	17	9	6	0	2	39	38	20	5-1-0-1	4-5-0-1	6-4-0-0	L3
San Jose	15	9	5	1	0	44	39	19	4-3-1-0	5-2-0-0	7-2-1-0	L1
Detroit	15	9	5	1	0	42	33	19	7-2-1-0	2-3-0-0	4-5-1-0	W4
Phoenix	15	8	4	1	2	43	39	19	4-3-1-1	4-1-0-1	6-2-1-1	W1
Nashville	16	8	5	2	1	43	42	19	2-2-1-1	6-3-1-0	6-2-2-0	L1
Los Angeles	17	8	6	1	2	41	40	19	5-4-0-1	3-2-1-1	3-5-1-1	W1
Vancouver	18	9	8	0	1	55	51	19	4-2-0-1	5-6-0-0	5-5-0-0	W1
St. Louis	16	8	7	0	1	40	38	17	5-1-0-1	3-6-0-0	6-3-0-1	W1
Colorado	17	8	8	1	0	49	54	17	2-6-0-0	6-2-1-0	3-6-1-0	L1
Calgary	16	7	8	1	0	35	42	15	3-4-1-0	4-4-0-0	5-5-0-0	W1
Anaheim	17	6	8	1	2	35	51	15	4-4-0-0	2-4-1-2	2-5-1-2	L1
Columbus	16	3	12	0	1	36	60	7	3-5-0-1	0-7-0-0	3-7-0-0	W1

d—division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Philadelphia at Carolina
Buffalo at Montreal
Tampa Bay at Winnipeg

Sunday's results

Vancouver 4 N.Y. Islanders 1

Chicago 6 Edmonton 3

Minnesota 3 Anaheim 2

Philadelphia 3 Florida 2

Saturday's results

Calgary 4 Colorado 3

Columbus 2 Winnipeg 1

Montreal 2 Nashville 1 (OT)

Ottawa 5 Toronto 2

Boston 6 Buffalo 2

Carolina 5 Pittsburgh 3

Detroit 5 Dallas 2

Los Angeles 5 Minnesota 2

New Jersey 3 Washington 2 (SO)

Phoenix 3 San Jose 0

St. Louis 3 Tampa Bay 0

Tonight's games

All Times Eastern

New Jersey at Boston, 7 p.m.

N.Y. Rangers at N.Y. Islanders, 7 p.m.

Phoenix at Toronto, 7 p.m.

Minnesota at Columbus, 7 p.m.

Colorado at Pittsburgh, 7:30 p.m.

Detroit at St. Louis, 8 p.m.

Washington at Nashville, 8 p.m.

Florida at Dallas, 8:30 p.m.

Ottawa at Calgary, 9 p.m.

Tomorrow's games

Carolina at Montreal, 7 p.m.

New Jersey at Buffalo, 7:30 p.m.

Chicago at Vancouver, 10 p.m.

Anaheim at Los Angeles, 10:30 p.m.

LATE SUNDAY**CANUCKS 4, ISLANDERS 1****First Period**

1. Vancouver, Rome 3 (Booth, Hodgson) 1:57

Penalty

Eaton NYI (holding) 17:56.

Second Period

2. Vancouver, H.Sedin 6 (Bieksa) 0:34

3. N.Y. Islanders, Moulson 4 (Grabner, Tavares) 15:09

Penalty

Martin NYI (tripping) 11:42.

Third Period

4. Vancouver, Hodgson 4 (Rome, Higgins) 2:47 (pp)

5. Vancouver, Booth 2 (Rome, Lapierre) 16:59 (en)

Penalty

Streit NYI (delay of game) 1:07.

Shots

N.Y. Islanders 8 4 12 24

Vancouver 14 13 9 36

Goal — N.Y. Islanders: Nabokov (L,1-4-0); Van-

couver: Luongo (W,7-5-1).

Power plays (goals-chances) — N.Y. Islanders:

0-0; Vancouver: 1-3.

Referees — Tom Kowal, Dennis LaRue. **Lines-**

men — Lonnie Cameron, Brad Lazarowich.

Attendance — 18,890 (18,890) at Vancouver.

SOCER

MLS PLAYOFFS

MLS CUP

Sunday, Nov. 20

At Carson, Calif.

All times Eastern

Houston vs. Los Angeles, 9 p.m.

CFL PLAYOFFS
DIVISION SEMIFINALS**Sunday's results****EAST**

Bye: Winnipeg

Hamilton 52 Montreal 44 (OT)

WEST

Bye: B.C.

Edmonton 33 Calgary 19

DIVISION FINALS**Sunday, Nov. 20****EAST**

Hamilton at Winnipeg, 1 p.m.

WEST

Edmonton at B.C., 4:30 p.m.

99TH GREY CUP**Sunday, Nov. 27****At Vancouver**

East vs. West champion, 6:30 p.m.

SUNDAY**TICATS 52, ALOUETTES 44 (OT)****First Quarter**

Mtl — FG Whyte 49:16

Ham — TD Thigpen 50 run (Medlock convert) 8:29

Ham — FG Medlock 27:41

Second Quarter

Mtl — FG Whyte 9:38

Ham — TD Whitaker 2 run (Whyte convert) 7:51

Ham — TD Grant 29 pass from Glenn (Medlock convert) 12:22

Third Quarter

Ham — TD Williams 3 pass from Porter (Medlock convert) 14:27

Mtl — FG Whyte 26 15:00

Fourth Quarter

Ham — TD Porter 1 run (Medlock convert) 4:28

Mtl — TD Richardson 14 pass from Calvillo (Whyte convert) 7:32

Ham — FG Medlock 49:26

Ham — TD Coburn 46 run (Medlock convert) 12:17

Mtl — TD Green 44 pass from Calvillo (Whyte convert) 13:23

Overtime

Ham — TD Porter 1 run (



Greatness from unique places

► Latest Hockey Hall of Fame class highlights different ways to reach top

There is no one certain path to the pinnacle of a sport. As Joe Nieuwendyk, Ed Belfour, Doug Gilmour and Mark Howe took their place in the Hockey Hall of Fame yesterday, they reflected on careers that looked nothing alike but ended with them standing together on the sport's grandest stage.

"It's what makes it such a special place," said Nieuwendyk. "I think the common bond with a lot of these faces that I see on the walls ... is a real genuine passion and a love for the game and high competitive spirit in all of us."

Nieuwendyk attended Cornell at a time when the

NCAA route was far less travelled and went on to win Stanley Cups with three different teams.

Belfour was considered eccentric, but managed to compile the third most victories in NHL history despite never being drafted.

Gilmour was selected in the seventh round in 1982

and wound up playing almost 1,500 career games with a heart-and-soul style that belied his modest size.

Howe grew up in the shadow of his legendary father Gordie and began his pro career as a winger before later becoming one of the NHL's best defenceman.

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TICKETS STILL AVAILABLE 613-736-5921

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